

AcroYoga Beginner Tutorial - Front Bird

URL for the video: <https://www.youtube.com/watch?v=voBt9xBdWvs>

TO START

1. You need to remember that it's your first time. If it takes you time to get it, it's really okay I'm not going anywhere don't forget to play safe.
2. Know your partner, who is the base, and who is the flyer.
3. Use the word "down" when you are about to fall.

VOCABULARY

Chest, toes, fingers, hands, ankle, knee, leg, arm, hip bones, pelvis, butt

Forward, lean forward

Bend vs. straight, flex

Catch vs. let go off



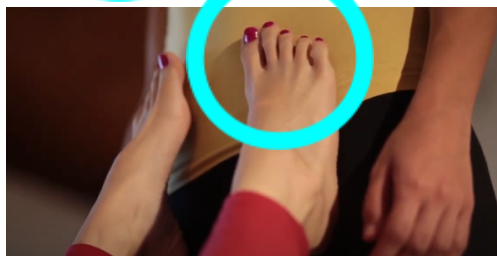
WHAT NOT TO DO

1. Don't fall forward.
-> Lean forward with your pelvis into your base feet
2. Don't jump.
-> Wait for your base. Listen to his or her rhythm.
3. When you're up there. Please think about your power lines.
4. If you feel you're about to fall or drop, use the word down. So both of you will be ready for it.

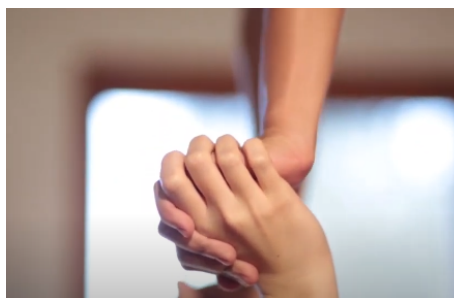
I'm catching my flyer's **toes**, so I'll know if she's standing close enough to me.



My feet are falling on her **hip bones**. Toes are facing up and not out.



The flyers' fingers are forward and the base's hands turn out to the side.



I **bend my knees** into my chest and **press my legs straight up** while **my palms are stacked** and my legs are **90 degrees**.

We create one strong line by pushing into each other's arms with **straight elbows**. This brings less muscle work and more balance.



In order to find balance, I can **flex** and **point my toes**. By pointing my toes. I give her enough support to rise up, and then I **let go of** my hands.

If we feel comfortable there, we can start tuning our beautiful bird by exploring flow and movement.

If you can stretch your legs up in 90 degrees you can always put a rod mat or a pillow under your butt.



We connect hands.

I **bend my knees** and we both **give resistance in our hands**.

Practice this several times.



If that goes well, we can try to **go without hands**.

If you don't want to fall, **keep pointing your toes** the whole time. **Keep my arms up**. Just in case.



If you feel inspired, you can **connect one hand**.

The flyer **holds from her ankle and rises up**.

Her chest is forward.



To come down, we connect hands. I bend my knees and slowly **bring her down to the ground.**

